

Folkestone Nepalese Community, Senior citizens group. Tai Chi class Health report.

Class format:

5 minutes warming and libelling up
10 minutes strengthening and stretching
15 minutes Qigong
15 minutes Tai Chi form

Attendance:

Between 12 and 16 seniors attend the class each week, with more in the summer months. There is a core group of 10-12 students who attend every week throughout the year.

Age:

The group range in age from 64 - 81 years, with most in their mid to late 70's.

Health Survey:

This year, two surveys of the regular attendees have taken place in order to track the impact of regular attendance at the sessions. In the surveys, (carried out in early March and early July) participants marked on pictures of the body where they experience pain or discomfort, and used colours to distinguish the level of pain.

The survey aims to show the improvement, maintenance or decline in key areas of the body over a 4 month period.

Impact:

As a result of the first survey, it was decided that in addition to exercises for general health (balance, coordination, relaxation), we would focus for the Spring term on strengthening and stretching core muscles to improve spinal health.

Results:

The most significant results from the survey are the reduction in lower back pain for several participants. This has reduced from severe to medium in three cases and completely gone for one person. There is also improvement among different individuals with a reduction of pain in hips, neck, shoulders and chest.

A number continue to have knee pain, which appears not to have been improved, but has not worsened either. There are also on-going shoulder-bicep issues for several individuals.

It should be noted that, given the age of the participants, maintaining current health may be considered a positive rather than merely neutral result.

The second survey reveals that most of the class suffer with high blood pressure.

On-going: For the summer term we will continue with a strong focus on spinal health, with the addition of exercises aimed at lowering blood pressure.

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12th July 2025